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## **PROBLEM SOLUTION FIT NUTRITION ASSISTANT APPLICATION**

Now a day people are facing many nutrition problem. A variety of medical problem can affect the appetite. Many people become frustrated when they know they need to eat to get well but they gain aren't hungry or when they gain weight because they are fatigued and unable to exercise.

Based on the health problem the nutrition will provide some guidance to the patient. The appetite, diet, and fat control. Based on the problem the nutrition will provide a guidelines. In nutrition assistant application the nutrition meet the patient and ask their problem. This nutrition and patient meet will be weekly one or twice. On the time nutrition guide the patient how the patient wants to take the food and when they take the food and which type of food they take.

The nutrition provide a meal guidelines, snack, dining, weight loss, guide avoid high calorie snacks and recipes these type of guidance to patient.

But in this nutrition assistant application nutrition provide a guidance to patient in online mode. In this mode have many difficulties so the nutrition guidance in without network (offline) also.

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